



HEALTH SCORE

92%

Sesame Beef Stir-fry



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



503 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon five-spice powder
- ☐ 0.5 cup no-salt-added beef broth
- ☐ 2 cups bell pepper strips red
- ☐ 2 cups bell pepper strips yellow
- ☐ 4 cups bok choy thinly sliced
- ☐ 4 cups rice hot cooked
- ☐ 1 tablespoon cornstarch
- ☐ 1 tablespoon sesame oil dark

- ☐ 1 pound flank steak lean
- ☐ 1.5 tablespoons ginger fresh minced peeled
- ☐ 3 garlic cloves minced
- ☐ 3 tablespoons soya sauce low-sodium
- ☐ 0.3 teaspoon salt
- ☐ 1 tablespoon sesame seed toasted

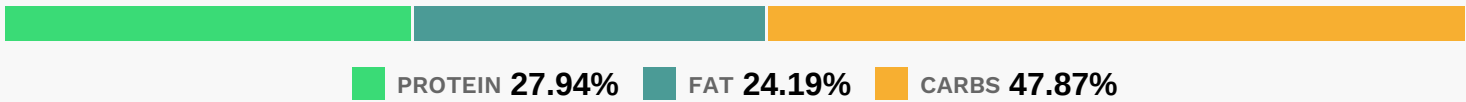
Equipment

- ☐ bowl
- ☐ frying pan

Directions

- ☐ Trim fat from steak; rub surface of steak with five-spice powder. Slice steak diagonally across grain into thin strips.
- ☐ Heat oil in a large nonstick skillet over medium heat.
- ☐ Add ginger and garlic, and stir-fry 2 minutes.
- ☐ Add beef, and stir-fry 4 minutes.
- ☐ Add bell peppers, and stir-fry 2 minutes.
- ☐ Combine broth, soy sauce, and cornstarch in a small bowl.
- ☐ Add to beef mixture.
- ☐ Add bok choy, and cook 1 minute or until bok choy wilts and mixture thickens, stirring constantly.
- ☐ Remove from heat, and stir in toasted sesame seeds and salt.
- ☐ Serve over rice.

Nutrition Facts



Properties

Glycemic Index:56.5, Glycemic Load:49.13, Inflammation Score:-10, Nutrition Score:35.936086696127%

Flavonoids

Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg, Apigenin: 0.17mg Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg, Luteolin: 1.28mg Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg, Kaempferol: 3.06mg Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg, Myricetin: 0.22mg Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg, Quercetin: 2.43mg

Nutrients (% of daily need)

Calories: 502.99kcal (25.15%), Fat: 13.46g (20.7%), Saturated Fat: 3.88g (24.26%), Carbohydrates: 59.93g (19.98%), Net Carbohydrates: 55.78g (20.28%), Sugar: 4.17g (4.63%), Cholesterol: 75.67mg (25.22%), Sodium: 862.18mg (37.49%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 34.97g (69.94%), Vitamin C: 268.42mg (325.36%), Vitamin A: 5612.69IU (112.25%), Vitamin B6: 1.43mg (71.27%), Selenium: 49.83µg (71.18%), Manganese: 1.21mg (60.56%), Vitamin B3: 10.25mg (51.23%), Zinc: 6.31mg (42.03%), Phosphorus: 418.18mg (41.82%), Vitamin K: 37.38µg (35.6%), Folate: 127.7µg (31.93%), Potassium: 1061.49mg (30.33%), Iron: 4.41mg (24.51%), Magnesium: 95.82mg (23.96%), Vitamin B12: 1.28µg (21.39%), Copper: 0.42mg (21.24%), Vitamin B2: 0.34mg (20.24%), Vitamin B5: 1.9mg (19%), Fiber: 4.15g (16.6%), Calcium: 161.69mg (16.17%), Vitamin B1: 0.24mg (15.84%), Vitamin E: 1.74mg (11.63%)